



1
00:00:00,820 --> 00:00:02,680

Hi I'm Charlie Bolden the NASA Administrator.

2
00:00:02,680 --> 00:00:07,190

I try and start my day each day with some
kind of workout and we'd love to see you

3
00:00:07,190 --> 00:00:08,190

do that.

4
00:00:08,190 --> 00:00:11,760

You know astronauts on the International Space
Station work out for a couple of hours everyday.